



Roasted Tomato-Beef Goulash with Caraway

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 pounds bottom round roast trimmed cut into 1-inch pieces
- ☐ 14.5 ounce canned tomatoes diced undrained canned (such as Muir Glen)
- ☐ 2 teaspoons canola oil
- ☐ 1 teaspoons caraway seeds
- ☐ 0.5 cup carrots finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 4 cups extra wide egg noodles cooked uncooked ()

- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon kosher salt divided
- ☐ 1.3 cups onion coarsely chopped (1 large)
- ☐ 2 tablespoons paprika divided

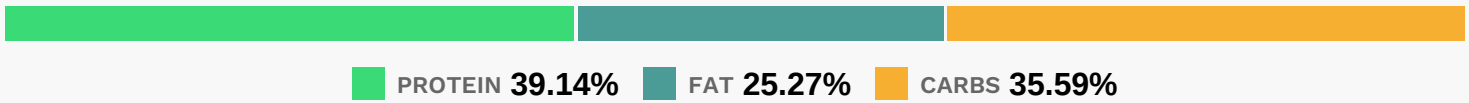
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Sprinkle beef with 1/2 teaspoon salt and pepper.
- ☐ Heat oil in a large Dutch oven over medium–high heat.
- ☐ Add beef to pan; cook 3 minutes or until browned on all sides.
- ☐ Add 1 tablespoon paprika and caraway seeds. Reduce heat to medium, and cook 2 minutes, stirring constantly. Stir in remaining 1/2 teaspoon salt, remaining 1 tablespoon paprika, onion, celery, carrot, and garlic; cook 5 minutes, stirring occasionally.
- ☐ Add tomatoes; bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours or until beef is tender.
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:29.1, Glycemic Load:10.54, Inflammation Score:-9, Nutrition Score:20.385652096375%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

Nutrients (% of daily need)

Calories: 311.55kcal (15.58%), Fat: 8.61g (13.24%), Saturated Fat: 2.39g (14.95%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 24.4g (8.87%), Sugar: 3.22g (3.58%), Cholesterol: 93.51mg (31.17%), Sodium: 450.32mg (19.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.99g (59.98%), Selenium: 50.98µg (72.83%), Vitamin A: 2451.28IU (49.03%), Vitamin B6: 0.87mg (43.71%), Vitamin B3: 8.3mg (41.52%), Vitamin B12: 2.17µg (36.16%), Zinc: 5.41mg (36.07%), Phosphorus: 324.81mg (32.48%), Iron: 3.62mg (20.14%), Manganese: 0.38mg (19.13%), Potassium: 544.61mg (15.56%), Vitamin B2: 0.24mg (13.9%), Magnesium: 52.4mg (13.1%), Fiber: 2.86g (11.46%), Copper: 0.22mg (11.24%), Vitamin B1: 0.16mg (10.43%), Vitamin E: 1.24mg (8.29%), Vitamin B5: 0.82mg (8.25%), Folate: 29.82µg (7.45%), Calcium: 65.75mg (6.57%), Vitamin K: 6.71µg (6.39%), Vitamin C: 3.82mg (4.63%)